

5. Everyone / No one is bisexual. Both statements are heard because society has mixed feelings about bisexuality; but, neither statement is true. Bisexuality is only one term. Some people who have sex with men and women and refer to themselves as just being “sexual”. Again, only you know for sure what you are.

How Do I Meet Other Bisexuals?

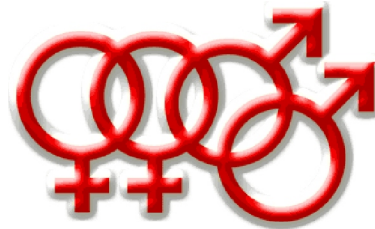
Right now you are quite likely surrounded by bisexual people you just don't know who they are. It can seem like a real challenge but you can find bisexuals everywhere, you just need to look. Joining a bisexual or bi-friendly group is a good start. Check out the personals in gay/lesbian magazines or newspapers. Contact local gay community groups. Visit a gay/lesbian nightclub. Using the internet can also be an option.

Do I Need To Worry About HIV/AIDS?

Every sexually active person needs to be aware of the risks they're taking when having oral, vaginal or anal sex. Using fresh-undamaged latex condoms, dental dams and latex gloves will substantially reduce the risk of transmitting HIV/AIDS or a number of

other sexually transmitted infections [STI's].

It is important that you never take risks you are uncomfortable with. If you need more information on lowering the risks of getting HIV/AIDS or other STI's contact *The Avenue Community Centre*, the local sexual health clinic or AIDS organization.



*The Avenue Community Centre
for Gender and Sexual Diversity*

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What does it mean to be BISEXUAL?



What Does It Mean To Be Bisexual?

Human sexuality is not always a fixed thing. Some people are completely straight or gay others are bisexual. Bisexuals are people who feel sexual attraction to both genders and are capable of having physical and/or emotional relationships with both genders. There are studies that suggest that bisexuality is the most common sexual orientation.

How Do I Know If I'm Bisexual?

Sexual orientation can be difficult to pin down. People who call themselves "bi" or bisexual say that their attraction towards men and women often shifts; sometimes its only men, other times only women and then sometimes its both at the same time. Sexual attraction can and does change over time.

Plus, bi people don't always act on their desires. It is quite possible to never have sex with someone of the same sex, or opposite sex, and still be bisexual. Other bisexuals will have sex with both genders but have long-term relationships with only one. Everyone is different.

Only you can label your sexual

orientation, and only you can change the label.

Am I Normal?

Yes, you're normal. When Dr. Alfred Kinsey studied sexuality in the 1950's he found that nearly half of all the people he studied had sex with both men and women. That would make bisexuality the majority, followed by heterosexuality and homosexuality.

However, society favours heterosexuality. So, many bisexual people deny or don't act on their bisexual desires. This does not however stop their attraction to both men and women.

It is normal and healthy to be yourself whether you're gay, straight or bi. Be yourself and do what you need to be physically, emotionally and spiritually healthy.

Ok, I'm Bisexual Now What?

Once, you come to the realization that you're bisexual and you're okay with that you will need to make some decisions. Who to do you tell; how and when. It is totally up to you if and who you tell. There are places like *The Avenue Community Centre* that can help you figure that out. There is no set rule, everyone and every situation is different.

As for how a bisexual supposed to behave well, there is no "right" or "wrong" way to be bisexual. There is no training manual, no user's handbook. That can be upsetting, challenging or fun depending on how you look at it.

Here are some myths that you may have heard about Bisexuals...

1. *Bisexuality is a cover for gay people too scared to be gay.* It is true that some gay people identify as bi first then as they get more comfortable just gay. It is also true that bisexuals first identify as gay and later as bi. Whatever your orientation it is yours to identify.

2. *Bisexuals are equally attracted to men & women.* The 50/50 split applies to some, 70/30, 95/5, 60/40 and any other splits also apply. Everyone is different and it may change over time.

3. *Bisexuals are more promiscuous than straight or gay people.* It is a personal choice to have many sexual partners; or a few or one or none. No orientation can claim to have the most sexually active members.

4. *Bisexuals need a lover of each gender.* Bisexuals can be attracted to a man & a woman at the same time but, it is not required or even expected. For many the option alone is enough.